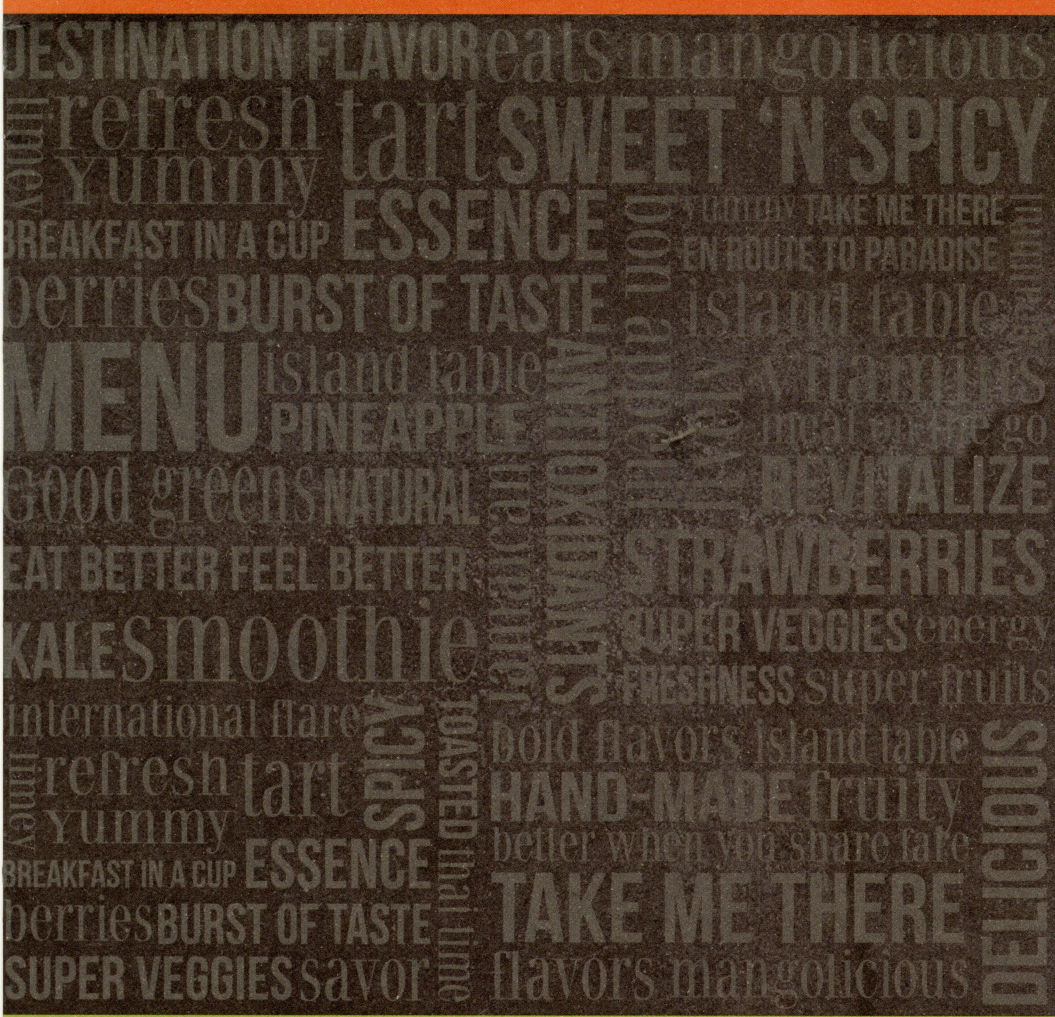
Tropical Café Smoothie®

eat better. feel better.™

Café Menu



www.TropicalSmoothieCafe.com

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FLATBREADS
savor island table FRESHNESS

4.49

chipotle chicken club 541 cal
chicken, pepper jack, bacon, romaine, tomatoes & chipotle mayo on a toasted flatbread

chicken pesto 463 cal V when made with
chicken, low-fat mozzarella, parmesan, tomatoes & pesto on a toasted flatbread

baja chicken 468 cal V when made with
chicken, low-fat mozzarella, green & red peppers, onions, romaine & light southwest ranch on a toasted flatbread

caribbean luau 456 cal V when made with
chicken, low-fat mozzarella, pineapple, romaine & jamaican jerk sauce on a toasted flatbread

honey ham & swiss 422 cal
ham, swiss, tomatoes, field greens & honey mustard on a toasted flatbread

WRAPS
SWEET 'N SPICY HAND-MADE bold flavors

6.99 served with choice of side

king caesar 708–876 cal
chicken, parmesan, tomatoes, romaine, caesar in a toasted garlic herb tortilla

thai chicken 592–760 cal V when made with
chicken, wontons, carrots, sesame seeds, romaine, thai peanut dressing in a toasted flour tortilla

buffalo chicken 740–908 cal V when made with
chicken, low-fat mozzarella, tomatoes, romaine, buffalo sauce, light ranch in a toasted flour tortilla

jamaican jerk chicken 711–879 cal V when made with
chicken, low-fat mozzarella, southwestern rice with corn, black beans & asparagus, onions, jamaican jerk sauce in a toasted flour tortilla

totally turkey 696–864 cal
turkey, swiss, tomatoes, romaine, light ranch in a toasted garlic herb tortilla

hummus veggie 671–839 cal V
hummus, pepper jack, southwestern rice with corn, black beans & asparagus, onions, romaine & salsa in a toasted garlic herb tortilla

southwest chicken 702–870 cal V when made with
chicken, salsa, southwestern rice with corn, black beans & asparagus, tomatoes, onions, guacamole, romaine, light southwest ranch in a toasted flour tortilla

SANDWICHES
EN ROUTE TO PARADISE refresh energy

6.99 served with choice of side

turkey bacon ranch 648–816 cal
turkey, swiss, bacon, tomatoes, field greens & light ranch on a toasted ciabatta

cranberry walnut chicken salad 717–885 cal
cranberry walnut chicken salad, tomatoes & field greens on nine-grain wheat (toasting optional)

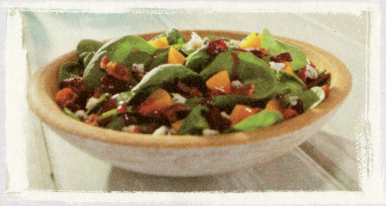
wasabi caesar roast beef 554-722 cal
roast beef, pepper jack, romaine & wasabi caesar dressing on a toasted ciabatta

ultimate club 717–885 cal
ham, turkey, bacon, swiss, parmesan, tomatoes, field greens & chipotle mayo on a toasted ciabatta

turkey guacamole 569–737 cal
turkey, guacamole, cilantro-lime, onions, tomatoes & field greens nine-grain wheat (toasting optional)

SALADS
Good greens GLOBAL CUISINE refresh

6.99



loaded spinach 698 cal
spinach, bacon, candied pecans, gorgonzola, peaches, dried cranberries & cranberry poppy seed dressing

chicken caesar 497 cal
romaine, chicken, parmesan, tomatoes & caesar dressing

thai chicken 281 cal V when made with
romaine, field greens, chicken, wontons, sesame seeds, carrots & thai peanut dressing

southwest chicken 495 cal V when made with
romaine, field greens, chicken, southwestern rice with corn, black beans & asparagus, tomatoes, onions, salsa, guacamole & light southwest ranch dressing

Substitute our Beyond Meat Chicken-Free strips V Vegetarian GF Gluten-Friendly

SIDES
chips or fruit 72–240 cal **.99**

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All smoothies are 24 oz. and made with turbinado unless otherwise noted or requested. Splenda substitute available.

LOW-FAT
mangolicious vitamins NUTRITIOUS

4.49

sunrise sunset 320 cal GF V
strawberries, pineapple, mango & orange juice

kiwi quencher 430 cal GF V
kiwi, strawberries & non-fat yogurt

paradise point 401 cal GF V
strawberries, banana & pineapple

sunny day 436 cal GF V
mango, banana, orange juice & kiwi

mango magic 368 cal GF V
mango, pineapple & non-fat yogurt

pineapple delight 347 cal GF V
pineapple, orange juice & banana

blue lagoon 311 cal GF V
blueberries, strawberries & banana

blimey limey 386 cal GF V
strawberries, pineapple, orange juice & lime

jetty punch 341 cal GF V
strawberries & banana

hawaiian breeze 337 cal GF V
pineapple, orange juice & non-fat yogurt

peaches 'n silk 314 cal GF V
peaches, strawberries & banana

rockin' raspberry 402 cal GF V
raspberries, strawberries & banana

strawberry lemonade 373 cal GF V
strawberries & lemonade

strawberry beach 417 cal GF V
strawberries & non-fat yogurt

SUPERCHARGED
super fruits NATURAL meal on the go

4.99

triple berry oat 541 cal V
strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein & splenda®

peanut paradise 675–695 cal GF V
peanut butter, banana, non-fat yogurt & whey or soy protein

health nut 476–496 cal GF V
blueberries, mango, banana, almonds & whey or soy protein

lean machine 442 cal
strawberries, banana, fat burner & energizer

muscle blaster 441–461 cal GF V
strawberries, banana & whey or soy protein

acai berry boost 433 cal GF V
acai, pomegranate, banana, blueberries & strawberries

pomegranate plunge 450 cal GF V
pomegranate, banana, strawberries & cranberry

get up and goji 425 cal GF V
goji, peaches, orange, banana & non-fat yogurt

SUPPLEMENTS .75

- energizer 0 cal
- probiotic 29 cal
- vitamin b12 24 cal
- fat burner 0 cal
- multi-vitamin 15 cal GF V
- whole grain oats 70 cal V
- ground flax seed 19 cal GF V
- vitamin-c immune complex 20 cal GF V
- whey protein 100 cal GF V
- soy protein 120 cal GF V
- pea protein 148 cal

GET NUTRIFIED
ANTIOXIDANTS good greens REVITALIZE

4.99

island green 377 cal GF V
spinach, kale, mango, pineapple & banana

caribbean c-burst 458 cal GF V
carrots, mango, banana, goji & orange juice

INDULGENT
bon appetit BURST OF TASTE ESSENCE

4.99

peanut butter cup 693 cal GF V
peanut butter, banana & chocolate

mocha madness 588 cal V
chocolate, coffee, cappuccino & non-fat yogurt (available in decaf)

chocolate chiller 570 cal GF V
chocolate, white chocolate & non-fat yogurt

tropi-colada 457 cal GF V
pineapple, coconut & banana

bahama mama 475 cal GF V
strawberries, pineapple, white chocolate & coconut

beach bum 520 cal GF V
strawberries, banana & chocolate

SMOOTHIE & A HALF
any smoothie and your choice of half sandwich or half salad 452–1044 cal **6.99**

MAKE IT A MEAL
add a 24 oz. smoothie to any flatbread, sandwich, wrap or salad 592–1395 cal **3.00**

ALL DAY BREAKFAST

ENERGY delicious REVITALIZE

1.99–4.29

ALL WRAPS AVAILABLE IN REGULAR OR JUNIOR SIZES

early bird wrap 504–831 cal (V) when made with
eggs, chicken, pepper jack, tomatoes & chipotle mayo in a toasted flour tortilla

salsa sunrise wrap 418–677 cal
eggs, ham, bacon, pepper jack & salsa in a toasted flour tortilla

all american wrap 383–637 cal
eggs, ham, bacon & american in a toasted flour tortilla

the classic sandwich 607–809 cal
eggs, cheddar & american and your choice of bacon, ham or sausage on a toasted ciabatta

buffalo kick start sandwich 569 cal
eggs, bacon, ham, pepper jack & buffalo sauce on a toasted ciabatta

toasted bagel 410 cal (V)
with cream cheese

KIDS MENU

12 & UNDER

lively yummy FRESHNESS

4.99 Big Kahuna 577–1248 cal
kid's food item with choice of side & 12 oz. kid's smoothie

3.99 Little Surfer 408–1151 cal
kid's food item with choice of side & 12 oz. soft drink

KIDS SMOOTHIES 2.99

12 oz. smoothies made with turbinado unless otherwise requested

lil' lemonberry 211 cal (GF)(V)
strawberries & lemonade

jetty junior 170 cal (GF)(V)
strawberries & banana

awesome orange 263 cal (GF)(V)
orange, white chocolate & non-fat yogurt

chocolate chimp 247 cal (GF)(V)
banana & chocolate

KIDS FOOD 2.99

wraps 320 cal
turkey & american
ham & american

salad 231 cal
chicken caesar

cheese quesadilla 477 cal (V)
add chicken $1.00 545 cal

cheese pizza 395 cal
add chicken $1.00 463 cal

BEVERAGES 1.69

cold drinks 0-333 cal
bottled water 0 cal

For Franchise Information call (770) 821-1900
www.TropicalSmoothieFranchise.com

HERE'S WHERE TO FIND US:

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Hoover, AL 35244
Ph: 205.444.0612 Fax: 205.444.0613
Find us on Facebook at "TropicalSmoothieCafeHooverAL"
Text CAFÉ to 89074 to get the latest deals & discounts!

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